

[CORONAVIRUS \(COVID-19\) RESOURCES FOR ISDH EMPLOYEES, SCHOOLS, AND FAMILIES](#)

*Emma Smythe, Youth Physical Activity Coordinator
Kelsey Barrick, Wellness and Physical Activity Coordinator
Division of Nutrition and Physical Activity*

The Indiana State Department of Health (ISDH) is closely monitoring a pandemic of [coronavirus or COVID-19](#). With all Indiana schools closed for the remainder of the 2019-2020 school year, we wanted to provide a list of resources for everyone during this time of uncertainty. Whether you are a teacher, parent, health worker, child care employee, public health worker or student, we want to make sure you are still taking care of yourself. Please see below for resources to help keep you safe and physically, mentally, and emotionally healthy. We are here to support **YOU!**

Free Online Resources for Kids - Exploratory Learning, Physical Activity, Mindfulness, Nutrition and More!

- [At-Home Learning Initiative in Partnership with Indiana PBS](#) - IDOE Resources
- [Playworks Play-At-Home](#) – Playworks
- [5210 Healthy Behaviors Challenge sheet](#) - Jump IN for Healthy Kids
- [Online Kids Dance Classes](#) – Kids Dance Outreach
- [GoNoodle Library](#) - Movement and Mindfulness videos
- [Yoga Ed Youtube Channel](#) - Yoga for Children
- [Activities for Kids at Home During School Closures](#) - *Time*
- [Health at Home PE & Health Resources for Parents](#) – CATCH
- [Kitchen Classroom](#) – America’s Test Kitchen
- [Podcasts for Students and Families](#) - Family Resource and Youth Services Center
- [SEL Resources for Parents, Educators & School Communities](#) – Inside SEL: Social & Emotional Learning
- [SEL in Homes & Communities](#) - CASEL
- [Just for Kids Comic \(How to explain COVID-19 to a child\)](#) – NPR

General COVID-19 Resources for Everyone!

- [Coronavirus CDC Resources](#)
- [Managing Stress and Anxiety When Navigating a Health Crisis](#)
- [Indiana State Department of Health \(ISDH\) Public Resources](#)
- [2020 Mental Health Toolkit](#)
- [How to Practice Self-Care During the Coronavirus](#)

The Work at Home (WFH) Resource Guide:

- Build a permanent work space in your home. Try to find somewhere with natural light if possible.
- Do your best to stick to your normal work hours and routines. In other words, avoid “work creep” that can turn a normal 7.5 hour day into checking email every 20 minutes until 2am.
- Pay attention to your work day and energy levels. Do you have periods of the day when you have more energy and can accomplish more tasks? Take advantage of these times.
- Make to-do lists to keep yourself organized.

- Use a planner to map out your week and activities (work and personal).

Nutrition, Physical Activity, and Stress Relief

Nutrition:

- Buy fresh produce! Cut them up and put some in the freezer. They can be used for months to come.
- Sturdy veggies and starches — like broccoli, brussels sprouts, and sweet potatoes — also keep for a long time outside the freezer.
- If you do buy canned, dried or frozen goods, choose those low in saturated fat, salt, and added sugars (less than five grams of added sugar, less than 200 milligrams of salt, and less than 1.5 grams of saturated fat).
- Stress eating is a common reaction right now. Productively channel those feelings elsewhere, whether by venting to a good friend, writing down your feelings or diving into a good book can help.

Physical Activity:

- You may not be able to go to the gym, so try going for a walk, run, or bike outside.
- Many gyms and fitness instructors are also offering virtual classes right now – if you are a member of a facility, check their social media or website to see their offerings. You can also consult YouTube and search for your favorite type of activity.
- For equipment based exercises, you can use water bottles for weights, dish towels for sliders (for exercises like lunges, ab exercises, and mountain climbers) or a sturdy chair for step-ups.
- There are also plenty of body-weight exercises like squats, burpees, sit-ups, planks, push-ups and mountain climbers.

Stress and Sleep:

- Yoga and meditation are great tools for managing stress. If you belong to a local studio, check to see if they are offering live-streamed classes. You can also turn to apps such as: [Headspace](#) and [Talkspace](#) for virtual mindfulness training and therapy.
- Set aside a specific area in your home that's free of technology, except maybe a speaker for music. Stock this area with things that calm you, like your favorite blankets and pillows, a scented candle, house plants, or anything else cozy. If you can create a quiet space to reflect or journal, it helps to calm you.
- Use FaceTime or other video chat apps to chat with friends or loved ones. This helps alleviate the feeling of isolation while at home.

**Please contact Emma Smythe at ESmythe@isdh.in.gov or Kelsey Barrick at KBarrick@isdh.in.gov for additional information.*